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# Police working on plan for dealing with mentally ill

## Breaking point.

Police chiefs say cops  
should not be front-  
line on mental health



SHANE  
GIBSON

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As the Canadian Association of Chiefs of Police on Wednesday called on governments across the country to do more to help police deal with the mentally ill, Winnipeg's top cop says his force is developing a strategy to do just that.

Chief Devon Clunis spoke to reporters on the final day

of CACP's annual conference, and said the WPS has been in discussions with community partners to develop a strategy to spread out the responsibility of dealing with the mentally ill.

"We won't try to run away from it," he said. "What I'm pushing for is that it's not simply the police's responsibility to resolve all of these issues."

"We will call the right people to the table to sit down and say, 'How can we work cooperatively to resolve the issue?'"

Clunis did not get into the specifics, but did say pieces of the plan are already in place, and promised the strategy would be revealed soon.

The CACP, which has been

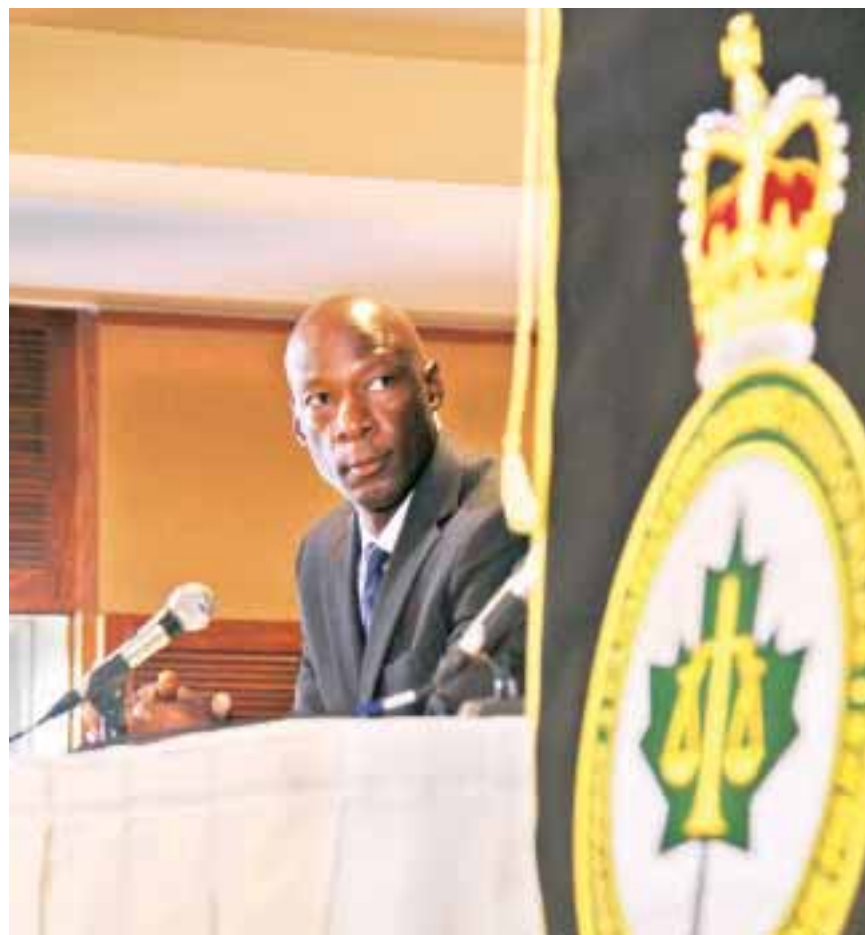
meeting in Winnipeg since Monday, says a lack of health-care funding is putting people with mental-health issues on the streets, and association president Jim Chu said police should not be the front-line on mental-health issues.

"We went from the agency of last resort to the mental-health service agency of first resort," Chu said. "And that's wrong. That's failing those who are mentally ill and who deserve better care."

Chu pointed out that police services throughout Canada are investing in education and trying to develop new models for officers who deal with the mentally ill, including adding mental-health professionals to response units.

A conference is planned for next March on the issue. It's a joint initiative between the police chiefs association and the Mental Health Commission.

WITH FILES FROM THE CANADIAN PRESS/  
CJOB



Winnipeg police Chief Devon Clunis said governments, community groups and police need to sit down and come up with a strategy for dealing with the mentally ill. SHANE GIBSON/METRO

## Quoted

"We went from the agency of last resort to the mental-health service agency of first resort. And that's wrong. That's failing those who are mentally ill and who deserve better care." CACP president Jim Chu

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## Manitoba Liberals

### Longtime Liberal running for leader

Dougald Lamont, owner of Jetpack Media, has joined the race for leader of the Manitoba Liberal Party.

Lamont said Wednesday that his campaign will focus on creating better-paying jobs for Manitobans. "When I drive around Manitoba, I see so much potential. We have energy, we have water, we have land, we have people and we have room to grow," he said.

The leadership convention is on Oct. 26.

JARED STORY/FOR METRO

## Local 500

### Sanitation workers join union

Emterra workers are the newest members of the city's largest union, CUPE Local 500. CUPE officials said Tuesday that Emterra drivers and swambers, who collect garbage and recycling, voted in favour of joining. **METRO**

## Clearing his conscience

### Apologetic robbery suspect nabbed by cops

In hindsight, a Winnipeg man who returned to the scene of a robbery attempt on Wednesday, to apologize to the clerk he'd allegedly tried to hold up, should perhaps have said sorry with flowers. Police, who were at the gas bar on Keewatin Street after the botched robbery, quickly arrested the man who said he'd come back to say he was sorry. A 44-year-old is facing robbery charges. **METRO**

# Food centre gets \$100K boost from province

**Growing idea.** Funding will help pay for new community kitchen



SHANE GIBSON

shane.gibson@metronews.ca

A project in northwest Winnipeg that aims to help grow community through the process of growing, cooking and eating food is getting provincial support.

The NorWest Co-op Community Health Centre is set to open its food centre — a first of its kind in Winnipeg — next January, and on Wednesday the province pledged \$100,000 to help it with renovations.

"NorWest Co-op has a huge and lengthy history within this part of the community," said Housing and Community Development Minister Kerri Irvin-Ross. "Today, with the food-centre addition, it will provide that opportunity for people to have access to

## Food activism at work

- The food centre is getting started with core funding from Community Food Centres Canada and hopes to become sustainable through grassroots fundraising.

healthy, nutritious foods on a daily basis."

The renovations include the installation of a commercial kitchen, a dining room for up to 80 people, drop-in space, a community garden and an outdoor oven for the centre, under construction on Tyn-dall Avenue near Shaughnessy Park.

Once it opens, it will run five days a week and all of its programming will be free for users, including daily lunch service, director Kristina McMillan says.

"The whole idea is to increase access to healthy food in a dignified way, so it's



Kristina McMillan, director of the NorWest Co-op Community Food Centre, talks to reporters about the initiative on Wednesday. Local Government Minister Ron Lemieux and Housing and Community Development Minister Kerri Irvin-Ross were also on hand as the province pledged funds to help the centre renovate. SHANE GIBSON/METRO

bringing together gardening, cooking and eating under one roof," McMillan said. "We're

trying to expand the way we think about healthy food in this community."

# Bannatyne's samba street party is back



Marcia Monteggia will be at this weekend's Bannatyne Carnaval. COURTESY JOHN GIAVEDONI

Warm weather or not, Winnipeg's Exchange District will be hot, hot this weekend.

The second-annual Bannatyne Carnaval — a celebration of Brazilian, Caribbean and Latino culture — kicks off on Friday. Between 7 and 11 p.m. that night and 2 to 11 p.m. on Saturday, Bannatyne Avenue will be shut down from Rorie Street to Waterfront Drive for live music, dance and delicious food.

"It's about bringing Brazil to the East Exchange, having

a party and building community in the Exchange District," says John Giavedoni, Bannatyne Carnaval co-chair.

Three patios and food trucks will serve up barbecue and other regional specialties, and two stages will see performances by Marco Castillo, Combo Latino, Paradize Band and Guillermo Ocejó, as well as Brazil-based artist Thiago Correa.

"Thiago Correa does kind of a mash-up sound, where they combine pop songs with

Brazilian music," Giavedoni says.

Of course, there will also be salsa and samba dancing and an appearance by Winnipeg samba dancer Marcia Monteggia, who Giavedoni says "was the hit of the party" last year.

Admission is free. "You can take in the music and dance and not spend a penny. However, I defy you to do that after you smell the food and see the drinks," he says.

JARED STORY/FOR METRO

1 NEWS

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# Vancouver man sued by U.S. grocery giant

## Pirating Trader Joe's?

American company alleges business owner's actions harm their brand

Michael Hallatt has never worked harder for what he says is less money, reselling someone else's products.

For a year and a half, Hallatt has made trips across the border, spending almost \$350,000 stocking up on goods at U.S. grocery giant Trader Joe's, and then reselling them at his Vancouver store, Pirate Joe's.

The shelves of Pirate Joe's are lined with everything from canned goods and cereals to baking mixes and pasta sauces, all bearing Trader Joe's federally registered trademark logo.

Now, Hallatt has been slapped with a lawsuit by the U.S. retailer, alleging trademark infringement, false advertising,



Pirate Joe's owner Michael Hallatt poses for a photograph at his store, where he resells products from the U.S. specialty grocery store Trader Joe's, in Vancouver on Wednesday. Trader Joe's has filed a lawsuit against Hallatt in Washington State Federal Court alleging federal trademark infringement, false advertising and false endorsement. DARRYL DYCK/THE CANADIAN PRESS

and other things that it says hurt the company's brand.

The lawsuit, filed in May, alleges that not only is Hallatt not authorized to resell Trader Joe's products, he is misleading

people by dressing up the shop in a way that looks similar to the U.S. stores.

Hallatt maintains that everything he is doing is legal.

"I knew there would be legal

jeopardy, but I knew I was operating within my legal right, so I decided I would defend myself if it came down to it, and it did," he said Wednesday.

THE CANADIAN PRESS

## Inquiry. Queue-jumping found to have occurred in Alta. health-care system

An inquiry has found that queue-jumping has occurred in Alberta's health-care system and that an environment exists in which it could happen again.

Justice John Vertes says while claims that queue-jumping was widespread and that politicians were moving people to the front of the line ended up being untrue, there were instances in which people got faster care. He said policies need to be tightened.

"The claim that it was not uncommon for senior execu-

tives to receive requests for expedited care proved to be unfounded," Vertes wrote in his final report, released Wednesday. "However ... the inquiry did in fact learn of incidents of improper preferential access and also identified several systemic issues that could foster an environment conducive to such improper access."

Vertes made a total of 12 recommendations to help prevent abuses in the province's \$16-billion health-care system.

THE CANADIAN PRESS

### Two-month update

## More than 14,500 homes damaged in Alberta floods

The Alberta government says more than 14,500 homes were damaged during severe flooding in June.

It also says 2,700 people are still living in temporary

housing, in hotels or with friends and family.

The figures are in a two-month flood update provided by the province.

More than 8,000 applications for disaster-recovery support are currently being processed, and payments totalling nearly \$7 million have so far been made.

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THE CANADIAN PRESS

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## Religious ban will cost Quebec doctors: Physician

Quebec will lose public employees including doctors if the government insists on banning religious symbols in the workplace, says a physician from Montreal's Sikh community.

A media report this week published leaked details of the controversial Parti Québécois proposal — saying it would prohibit people like doctors, teachers and public-daycare workers from donning turbans, kippas, hijabs and visible crucifixes.

The debate also created waves at the federal level Wednesday, with Liberal Leader Justin Trudeau becoming the first federal politician to weigh in strongly against the plan.

"Like we saw with the (recent) soccer turban ban, people laughed at Quebecers," said Trudeau, a Quebec MP.

"And I don't think it's who we are and I don't think it honours us to have a government that does not represent our generosity and openness of spirit as a people."

Dr. Sanjeet Singh Saluja, who wears a turban as part of his faith, said Wednesday that the PQ's controversial "Charter of Quebec Values" would

drive people from the Sikh, Jewish and Muslim communities away.

"The sad thing is I don't know if I'd be able to stay here in Quebec," said Saluja, an emergency-room doctor with the McGill University Health Centre.

"Even though I love my practice here in Quebec, my faith is something that's important to me and I don't feel comfortable giving up that part of my persona and I don't think a lot of people would be willing to, either."

Saluja, who was born and

raised in Montreal, said this type of legislation could have a significant impact on hospital wait times in Montreal because many resident physicians in the city come from Middle Eastern countries and wear hijabs.

"One of the reasons why we are able to sort of diminish these wait times is because we have these residents who come in and take on patient loads," said Saluja, who believes young doctors would choose other provinces over Quebec if they didn't feel welcome here. THE CANADIAN PRESS



Dr. Sanjeet Singh Saluja, an emergency-room physician at the McGill University Health Centre, poses for a photograph in Montreal Wednesday. GRAHAM HUGHES/THE CANADIAN PRESS

# What killed the little innocents? Syrian regime denies gas attack

**Alleged atrocity.**  
Syrian activists claim  
100 died in toxic  
attack in Damascus  
— a report that has  
shocked the world

Anti-government activists Wednesday accused the Syrian regime of carrying out a toxic gas attack that killed at least 100 people, including many children as they slept.

The purported attack happened during artillery and rocket barrages on the eastern suburbs of Damascus.

Shocking images emerged, showing pale, lifeless bodies of children lined up on floors of makeshift hospitals and others with oxygen masks on their faces as they were attended to by paramedics.

One appeared to be a toddler clad in diapers.

An activist said bodies of 63 of the dead had indications of a chemical weapons attack but he could not confirm this.

"Their mouths were foaming, their pupils were constricted, and those who were brought in while still alive could not draw their breaths and died subsequently," he said.

## Quoted

**"Such an attack is completely unacceptable and we call on the ... regime to co-operate with the UN officials investigating these disturbing reports."**

Foreign Affairs Minister John Baird, saying Ottawa will monitor the situation closely.

The Syrian regime called claims of the attack "absolutely baseless." Syria's ally, Russia, described the reports as "alarmist."

At the United Nations, Secretary-General Ban Ki-moon said he is determined to ensure a "thorough investigation" into the toxic gas reports.

UN deputy spokesperson Eduardo del Buey said the secretary-general is "shocked" by the purported atrocity.

But President Bashar Assad's regime denied using chemical weapons.

The reported death toll Wednesday would make it the deadliest alleged chemical attack in Syria's two-year-old civil war.

There were conflicting reports, however, as to what exactly transpired and the death-toll figures ranged from 100 to 1,300.

THE ASSOCIATED PRESS



**Citizen journalism:** This photo from a usually reliable source is said to show the tragic aftermath of a purported toxic gas attack in Damascus, Syria. A woman is supported as she mourns over the bodies of children on Wednesday.  
LOCAL COMMITTEE OF ARBEEN/THE ASSOCIATED PRESS



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# WikiLeaks leaker gets 35 years

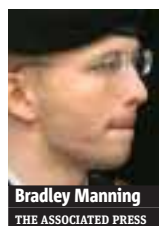
U.S. soldier Bradley Manning was sentenced Wednesday to 35 years in prison for giving hundreds of thousands of classified military and diplomatic documents to the anti-secrecy group WikiLeaks, the largest such leak in American history.

The military judge didn't offer any explanation for the sentence. Manning stood at attention and appeared not to react.

The closely watched case has seen the 25-year-old called both a whistleblower and a traitor, and it opened a fierce debate on national security and freedom of expression.

Manning's prominent supporters have included Daniel Ellsberg, whose sensational leak of the Pentagon Papers in the early 1970s exposed U.S. government lies about the Vietnam War.

Manning had faced up to 90 years in prison. Prosecutors had wanted at least a 60-year sentence, saying it would dissuade other soldiers from following in his foot-



Bradley Manning  
THE ASSOCIATED PRESS

steps. The defence suggested no more than 25 years so that Manning could rebuild his life.

With good behaviour and credit for the more than three years he has been held, Manning could be out in about six and a half years, according to his defence attorney David Coombs. Manning's rank was reduced, he was dishonourably discharged and he forfeited his pay. **THE ASSOCIATED PRESS**

# Sen. Wallin on the hook for \$139K after audit

**Paying back the taxpayer.** Senate sets final tab for senator's disallowed travel-expense claims

## The report

The audit report, which looked at Wallin's claims dating back to 2009, listed 13 networking events, which Wallin had described as primarily lunch or dinner meetings with unidentified representatives of the business, arts and charitable communities.

Sen. Pamela Wallin's final bill is in — and it's a whopper.

The embattled Saskatchewan senator and former Conservative caucus member was informed Wednesday that she'll have to reimburse the Senate a grand total of \$138,970 for ineligible travel expense claims.

Wallin was already on the hook for \$121,348 after an independent audit of her travel expenses, released last week. The auditors advised another \$21,000 in questionable claims should be reviewed by the Senate's internal economy committee.

Those claims involved travel to what the self-described "activist senator" deemed "networking events" and other special events, including speeches.

The committee concluded Wednesday that Wallin should pay back most of those additional claims, worth \$17,622.

The decision comes as no surprise. Last week's audit report noted that the internal economy committee's steering committee had already reviewed Wallin's travel claims for so-called networking events and had concluded that "while occasional exceptional occurrences for special events might be acceptable, the volume and pattern of the events listed (by Wallin) would not qualify them as Senate business."

**THE CANADIAN PRESS**



Sen. Pamela Wallin speaks to reporters outside a Senate committee hearing on Parliament Hill on Aug. 12. The embattled Saskatchewan senator has been ordered to pay back a grand total of \$138,970.

PATRICK DOYLE/THE CANADIAN PRESS

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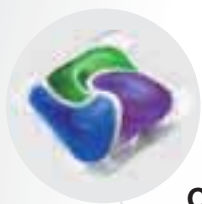
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# Have illness, will travel

**Medical tourism.** Tens of thousands of critically ill Canadians pay hefty price for out-of-province cutting-edge care



**MATT KIELTYKA**  
Metro in Vancouver

Mike Allan wasn't lucid enough even to count down the final days to his death.

Laid out in a hospice, doped up on heavy painkillers and with his family having exhausted all possible avenues to treat his advanced Stage 4b metastatic melanoma, the Prince George, B.C., man had nothing left to do but live out the rest of his life in medicated ignorance.

Until his wife, Karen, received a call from Edmonton's Cross Cancer Institute.

"I have an idea that might work, but you have to get him here right now," Allan, 55, says, relaying his doctor's call. "They threw me in the back of the truck with an oxygen mask and drove to Edmonton."

Flying wasn't an option.

In his condition, transporting Allan to Edmonton by plane would have cost \$16,000.

Heavily medicated, Allan doesn't remember anything about that first eight-hour journey from northern B.C. to Edmonton in March of 2011.

All he knows, and all that matters, is that within a week of going on the clinical trial for dabrafenib (available only at the Cross Cancer Institute at the time), he miraculously went from being a terminal patient receiving end-of-life care to being able to breathe on his own.

"I'm still alive!" Allan says when asked how he's fared since, a common response for many cancer survivors.

Making that boast was virtually unthinkable when physicians in B.C. determined the grandfather had run out of treatment options for his skin cancer in 2009.

"Everywhere we went within the regular system, it was always 'no, no, no' and very negative," Allan recalls.

It wasn't until he consulted with Dr. Michael Smylie, a renowned oncologist at the Cross Cancer Institute, that the narrative changed.

"He looked at my chart,



Comfortable family-like settings help ease the stress for patients receiving life-saving care far from home. JENNIFER GAUTHIER/FOR METRO



Melanoma patient Mike Allan, top centre, travels from Prince George, B.C., to Edmonton every three months to receive treatment. CONTRIBUTED

looked up at me and (said), 'I can keep you alive,'" Allan says. "It was inspirational that there was hope."

Since his astonishing turnaround, Allan has become something of a medical tourist.

The last person still undertaking his particular clinical trial (recently approved by the federal government as a treatment Canada-wide), Al-

lan hops in his pickup truck and drives to Edmonton every three months for three days of exhaustive tests, treatment and followups.

He's not alone.

Every year, an unknown but sizable number of patients (the Canadian Institute for Health Information says there were 43,590 out-of-province hospitalizations in 2011-12, but does not provide

details on the kind of treatments received) leave their communities for centres of excellence across the country that offer cutting-edge therapies and expertise that can't be found elsewhere.

The stresses and costs of travelling outside their communities for potentially life-saving care are staggering for the families involved.

Since clinical trials aren't

covered under B.C.'s medical-services plan, Allan and his wife (with the help of some organizations such as Save Your Skin Foundation) put up the bulk of the travel and accommodation costs for each visit to Edmonton.

It's a trip they made 27 times in 2011, 19 times in 2012 and 16 times so far in 2013.

Some expenses can be written off through federal tax benefits, but that covers only a fraction of the cost.

"If I had known how expensive it was going to be, I would have bought a house in Edmonton," Allan jokes.

And then there's the long, winding 740-kilometre drive through some of Canada's harshest terrain.

It's treacherous at the best of times, and a nightmare when winter hits the Rockies.

"That's the most stressful part for us," Allan says. "The circumstances can be beyond your control. We've been stuck for 19 hours once because of a crash ahead of us."

Though he knows the cancer can come back at any point, linking up with an expert in treating melanoma has bought Allan priceless time with his family, including the birth of his grandson, Ryder.

## Cost of out-of-town care

### \$2,800

The cost for families who need to travel to get crucial health care can vary greatly. Canuck Place — which covers the expense for its families — says it costs approximately \$2,800 to feed a family of four per month at the hospice.

### \$3,100

Medical and nursing costs at the hospice range from \$1,500 a day for a patient booked in for respite (usually a stable patient staying seven days at a time with family members to relax) to \$2,500 for pain and symptom management, and \$3,100 for a child receiving end-of-life care.

### \$40K

Clinical trials for new drugs and treatments can also be expensive, though pharmaceutical companies often pick up the bill. Save Your Skin Foundation founder Kathleen Barnard's clinical trial for melanoma cost a total of \$40,000, but was covered by the drug company.

### \$3.3M

Hope Air — a registered charity that offers free flights for patients to get out-of-town health care — spent \$3.3 million in 2012, 82 per cent of that directly on providing 6,091 flights.

It says 28 per cent of clients would otherwise have cancelled or postponed treatment had it not been for Hope Air's flight.

## Quoted

**"If I had known how expensive it was going to be, I would have bought a house in Edmonton."**

Melanoma patient Mike Allan jokes about the expense of the 740-kilometre drive from his home in Prince George, B.C., for three days of treatment every three months.

# Making the journey easier

Specialized care can drastically increase quality of life even when arduous travel is involved.

That was the case for the Thomas family of Kelowna, B.C. Their first son, Kaden, was born with a life-limiting heart disease and was quickly linked in with Vancouver's Canuck Place Children's Hospice — the pediatric palliative-care provider in B.C. with 77 per cent of its 450 annual patients coming from outside the Metro Vancouver area.

The family of four accessed Canuck Place for treatment, pain management, counselling and respite services for many years (they moved to Ontario at one point but returned for the drier climate of Kelowna and the care at Canuck Place) until

Kaden died in September 2010 at the age of 16.

"The only option locally would be to have him admitted into hospital," mother Jennifer Thomas said.

Physicians at Canuck Place devised effective treatment and pain-management plans for Kaden — pain that local doctors had trouble controlling — and liaised with Kelowna care providers to ensure the wheelchair-bound boy was comfortable at home.

Hospice staff were able to answer "all the hard questions" when local pediatricians couldn't, Thomas said.

"We have just a handful of pediatric palliative-care physicians in the province, and five of them are here," said Canuck Place CEO Margaret McNeil. "A



Brothers Kaden, right, and Colby Thomas were regular visitors of Canuck Place as Kaden received treatment for a life-limiting heart disease. CONTRIBUTED

family wants to go somewhere where they know has the best experience with a particular disease. And because they're very complicated, it's hard for a local pediatrician to have that experience."

Beyond medical care, Canuck Place takes the stress off families with counselling,

family activities and camp trips many take for granted.

"We didn't have any support like that outside of B.C.," Thomas said. "It made a significant difference with our life, marriage and relationship with our children."

Canuck Place — which gets 80 per cent of its funding from donors — foots the bill.

"We really want to make it easy for families to be here," McNeil said. "We believe that there should be no barriers."

There are countless organizations that ease the financial burden of patients who must leave their communities.

Facilities such as Easter Seals House Vancouver offer rooms for \$20 a night, so patients don't pay premium hotel rates while travelling for procedures.



Canuck Place CEO Margaret McNeil says the hospice does everything it can to ease the financial and emotional burdens of treatment. JENNIFER GAUTHIER/FOR METRO

The logistics and cost alone can be a defeating experience, says Save Your Skin Foundation founder Kathleen Barnard.

She ran the gamut in 2005 after being diagnosed with melanoma and is now dedicated to making the process easier for skin-cancer patients.

"It was so tough for us as

a family," Barnard said. "Do I want to spend that much money and leave home on something offering a five per cent success rate or is it just an added burden?"

Organizations such as Barnard's exist so families don't have to compromise.

MATT KIELTYKA/METRO

## Putting specialized care on the map

The health-care landscape across Canada changes constantly, as hospitals acquire new technology and specialists and provincial governments revise their health-care policies. Here's a look at some of the specialized care that Canadians travel for

### Edmonton

Only a handful of surgeons can perform pediatric heart transplants. In Canada, most young patients get their new hearts at the Stollery Children's Hospital in Edmonton or SickKids Hospital in Toronto.



### Toronto

SickKids: Children come to SickKids in Toronto for specialized treatments of rare cases and clinical trials. The hospital also has arrangements with some provinces for certain kinds of care. For example, Newfoundland and Nova Scotia send pediatric bone-transplant patients here.



### Montreal

People seeking gender-reassignment surgery are often referred to the GRS centre in Montreal. The procedure is covered by most, but not all, provinces' health-care plans.



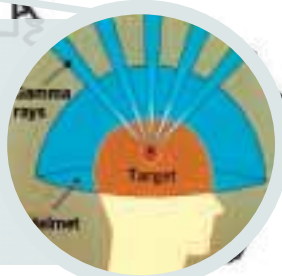
### United States

Some Canadian patients must go to the United States for certain procedures, including Open MRIs (for patients whose claustrophobia prevents them from going in a traditional machine), some types of genetic testing, stem-cell transplants and certain complex orthopedic, ophthalmological and cancer procedures.



### Winnipeg

Most Canadian patients who need gamma knife radio-surgery for treatment of certain kinds of brain tumours and other conditions go to the Winnipeg Health Sciences Centre or the University Health Network in Toronto.



### Halifax

Patients from New Brunswick, Newfoundland and P.E.I. will go to the Atlantic Canada Multi-Organ Transplant Program at the Queen Elizabeth II Health Sciences Centre in Halifax for kidney, liver, heart and pancreas transplantation services.



# Stronach, 80, hops on beefcake bandwagon during campaign

**Austria.** Canadian auto-parts billionaire takes his shirt off in bid for political office

Austria's general-election campaign is heating up with two high-profile contenders — one of them a Canadian — going way beyond rolling up their shirt sleeves. They've now taken the shirts right off.

Borrowing a page from Russian President Vladimir Putin's playbook, the beefcake displays are the latest twist in the rivalry between populist Canadian candidate Frank Stronach and Heinz-Christian Strache, head of the anti-immigrant and EU-skeptic Freedom Party.

The two are both seeking the protest vote in Austria's Sept. 29 election.

On a continent where mainstream electioneering is normally a staid affair, Stronach

## Bare-chested battle



Frank Stronach, Austro-Canadian billionaire and founder of auto-parts giant Magna International Inc., as he revealed a trim 80-year-old physique to Austrian media.

**"I don't need to be ashamed of my body."**

was first to doff his shirt.

Wearing jeans and a smile, he revealed a trim 80-year-old upper body as he stood next to his private lake during week-end interviews with Austrian dailies. "I don't need to be ashamed of my body," said the Austro-Canadian billionaire and founder of auto-parts giant Magna International Inc.

Strache responded immediately. A photo of the tanned and athletic 42-year-old clad in swimming trunks appeared Sunday on his Facebook page, with a caption reading "top fit

in the election campaign!"

The battle went into Round 2 on Monday, with Austria's major newspapers carrying both photos along with articles debating whether such displays constituted below-the-belt campaigning.

Commenting on the "naked duel," the tabloid Oesterreich praised Stronach for "showing the new self-confidence of the generation '60 plus.' In politics. In fitness. In looks." But it warned that Strache's decision to challenge Stronach's gambit "with his fitness-centre muscles" now risks turning the campaign into a circus.

The rivalry started when Stronach founded his Team Stronach organization last year. It aims for the same voters that Strache's Freedom Party views as its own — Austrians disenchanted with both the conservative People's Party and the Socialists, parties that now form the government coalition.

THE ASSOCIATED PRESS



Ahead of the Austrian general elections, bare-chested displays are the latest twist in the rivalry between populist Canadian candidate Frank Stronach and Heinz-Christian Strache, left, who heads the anti-immigrant and EU-skeptic Freedom Party. The candidates seem to have taken a page from Russian President Vladimir Putin's playbook. Putin, right, is notorious for an array of stunts including riding a horse bare-chested. LEFT: AUSTRIAN FREEDOM PARTY VIA FACEBOOK; RIGHT: THE ASSOCIATED PRESS FILE

## Wall Street

### Bloomberg limits reporter access to client information

Financial data and news company Bloomberg LP said Wednesday that it has put in place new policies and procedures designed to prevent its journalists from accessing the subscriber information of its Wall Street clients.

The moves stem from an outside review that followed complaints earlier

this year that journalists in Bloomberg's news division were accessing client login activity on trading information terminals maintained by the company's professional service unit.

The review, led by the law firm Hogan Lovells and the regulatory compliance firm Promontory Financial Group, found that Bloomberg journalists' access to trading terminal information didn't result from a lapse in oversight, but from a "long-standing policy" that allowed them to have access. THE ASSOCIATED PRESS

## Internet access

### New Facebook partnership aims to get 7B online

Facebook wants to get more of the world's more than seven billion people — all of them, actually — online through a partnership with some of the world's largest mobile technology companies. The partnership, called Internet.org, includes Korean electronics giant Samsung, Finnish handset maker Nokia and wireless-



An HTC First phone with a Facebook mobile interface is shown at Facebook's head office. THE ASSOCIATED PRESS FILE

chip maker Qualcomm Inc. Plans include developing cheaper smartphones and tools to reduce the amount of data required to run apps. THE ASSOCIATED PRESS

## Dallas

### Ex-United steward will plead guilty in bomb threat

A former United Airlines flight attendant has agreed to plead guilty to making a bomb threat against a United jet flying between London, U.K., and L.A. The man's attorney said that United had declined to investigate the man's claims that a male supervisor sexually harassed him. THE ASSOCIATED PRESS

## Market Minute

**DOLLAR**  
95.48¢ (-0.78¢)

**TSX**  
12,573.08 (-97.03)

**OIL**  
\$103.85 US (-\$1.26)

**GOLD**  
\$1,370.10 US (-\$2.50)

**Natural gas:** \$3.47 US (+3¢)  
**Dow Jones:** 14,897.55 (-105.44)



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# Are Google and NFL in talks over Sunday Ticket?

**Television.** With \$48B in cash, web giant could easily take contract from current holder DirecTV

Google has been holding meetings with the National Football League, raising speculation that the Internet monolith is seeking new inroads into television.

Other tech companies like Apple are reportedly in talks with cable providers to boost access to blockbuster television shows through their devices.

With Google sitting on a cash pile of \$48 billion US, the league's Sunday Ticket package is easily within its reach. The contract is currently held by DirecTV, which pays about \$1 billion annually for the rights.



Baltimore Ravens fans watch Super Bowl XLVII. GETTY IMAGES FILE

That contract, however, expires at the end of the 2014 season. Citi analyst Jason Bazinet believes that DirecTV is losing money on the deal.

The NFL confirmed its meetings with Google Wednesday, but declined to discuss the

nature of those talks, as did Google.

"Members of our office meet often with innovative leaders in Silicon Valley and around the world," the NFL said in a statement. "We are constantly looking for ways to make our game better on the field, in the stadium and for fans."

The Sunday Ticket Package provides fans with access to most out-of-market NFL games not televised nationally on ESPN or on NBC.

Google recently unveiled a device called Chromecast, which is part of its attempt to make it easier for people to access Internet content on their TVs. Chromecast is a small stick roughly the same size as a thumb drive that can be plugged into an HDMI port on flat-panel TVs. **THE ASSOCIATED PRESS**

## ADVERTISING ACCOUNT MANAGER

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- Outstanding verbal and written communication skills, including proficiency in Microsoft Office.
- A self-motivated desire to develop new business.
- Some college education or relevant post-secondary training.
- Valid drivers license and a vehicle.
- Media sales to Auto dealers and related businesses is an asset.

Individuals interested and having the skills described are requested to submit their resume and cover letter via email to [hr@metronews.ca](mailto:hr@metronews.ca) no later than August 30, 2013. PLEASE QUOTE: "SALES REPRESENTATIVE-Winnipeg" in the subject line. All submissions will be treated as confidential.

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Your Savings: \$2,673



**\$113**  
BIWEEKLY\*

### 2012 HYUNDAI ACCENT GL

Regular Price: \$14,999  
Black Book Pricing: \$14,168  
Your Savings: \$831



**\$116**  
BIWEEKLY\*

### 2013 KIA RIO LX

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The Power to Surprise

# TIME TO SHARPEN YOUR PENCILS

It's almost time for kids to head back to school, which means the back-to-school ads have been out so long that many of the principal actors in them have died.

It's given me lots of time to think about back to school, and reinforced for me how important it is to buy the right things for your school-aged children, lest you ruin their fragile lives.

No pressure.

I don't have kids myself, which makes me the perfect person to tell you what to buy for yours: Friends are always telling me about what their best-laid child-rearing plans are. But then their kids don't come according to spec and suddenly they're doing things they swore they'd never do.

So as a childless guy I can bring an unsullied perspective to the back-to-school purchases — and jump right to the decisions you're going to make anyway without the high-principled hand-wringing in between.



HE SAYS

**John Mazerolle**

metronews.ca

To me, back to school is the young person's version of New Year's resolutions — proof that we can start with a clean slate and get it right this time. A sweet lie, in other words.

I still miss the back-to-school gift package — mostly because I haven't had a nice, fresh set of clothes since 1993.

I've bought new clothes since then, sure, but I mostly replace items one at a time as they become too threadbare to wear. Sometimes I time it just right and walk into the Gap as a growing gap in my jeans reaches the breaking point, and my pants moult from my body as I enter the changing room, like a denim lobster.

So nothing was better than a whole set of new clothes, backpack and math gear (something where the dinosaur's head turns from different angles, please).

A school-grade kid can quickly build up a lot of baggage — in my case, a backpack filled with ink stains, crumpled

papers from three months ago and a crushed banana I'd forgotten about.

But back-to-school supplies also offered a symbolic reset: I could forget about the time I cried in home economics because the teacher yelled when I forgot to add soap while washing the dishes. I could forget when I buried a rose in the snow because Missy Titus wouldn't accept it on Valentine's Day. It helped me forget getting a concussion playing soccer baseball (the concussion helped, too).

Those clean, perfectly folded shirts and pants lying on the bed brought a sense of order to my life. I don't know why I wasn't more popular.

So my advice to parents is: Buy distracting stuff. It doesn't have to be the best stuff, or the most trendy stuff. Just bright and shiny enough that your kids can forget how miserable school is. Bags of eraser shavings were popular at one point in my schooling. So don't go nuts.

With the right level of distraction protecting them from their school years, they can grow up to be whatever they want, maybe even the principals in back-to-school advertising. It's a year-round business.

## ZOOM

### Way to impress a lady



COURTESY RED BULL

#### Diver wows near Statue of Liberty

New York's Statue of Liberty was the backdrop for world champion diver Orlando Duque to leap from a

helicopter hovering 75 feet (22.86 metres) above the Hudson River. Duque, 38, from Cali, Colombia, performed the stunt to promote the fifth stop of the Red Bull Cliff Diving World Series due to take place in Boston on Aug. 25.

METRO

#### Diver's viewpoint

**"It doesn't get any better than diving in front of something as iconic as the Statue of Liberty."**

Orlando Duque, high diver from Cali, Colombia

#### Dive in seconds

**3**

seconds is all the time Duque had to land a flying back somersault while travelling at speeds of 80 km/h.

#### Clickbait



**HANNAH ZITNER**

hannah.zitner@metronews.ca

**Last year's taxes still not done? Instead of fretting over making time for these necessary-but-heinous tasks, why not get someone else to take care of them for you? Say goodbye to life's annoying administrative chores and hello to outsourcing with the help of these sites:**

#### AskForTask.com:

Toronto-based startup connects people across Canada who either need a hand or have an extra one to offer for anything from cleaning the tub to building a website.

#### DoMyStuff.com:

Connects people needing help with people offering to give help with just about anything (though the site could benefit from connecting with a designer).



#### Letters

**RE: Vancouver's Science World Trying To Teach Kids About Sex? How Dare They ... published Aug. 21**

They are already being sexualized between magazines, TV, video games, music, and other societal things. This is a huge learning moment for you and your children. Take it, show them and let them ask questions. Education is power, not ignorance or hiding.

**Heather Avery posted to metronews.ca**

It is better to teach the kids about sex so they can make an informed decision. I'd rather have the kids know about sex minus the self righteous moral guardians than have teenage pregnancies. I have seen that one first hand with someone I knew in middle school who was 13 and pregnant. She ended up dropping out shortly after.

**Taggart Romkey posted to**

metronews.ca

Let's all assume: This is at a public event and establishment. Committees will have been involved in deciding what, and what not, to include. It will be suitable for both genders and for the recommended ages of viewers.

It will likely be better than anything an anxious parent, or a priest, or a misguided peer, or a movie could show and tell. And it provides an opportunity for parents to have an educated talk with their curious kids, or maybe become better educated themselves.

If I lived in Vancouver, I would go. If my kids were not already grown up, I'd take them. Maybe I'd see it myself first to see if it's suitable. We had all the sex conversations with them before they were old enough to reproduce, for their own protection and ours.

**DaleWale posted to metronews.ca**

**WE WANT TO HEAR FROM YOU: Send us your comments: winniepegletters@metronews.ca**

# Accept the unconventional and become a Royal Canoe believer

**Today We're Believers.** Winnipeg indie outfit stand by a computer-based approach to music and love for Beck



**BACKSTAGE PASS**  
Jared Story  
@metronews.ca

On Sept. 3, Nevado Records will release *Today We're Believers*, the long-awaited album by Winnipeg indie-pop sextet Royal Canoe.

The band — formed by ex-Waking Eyes member Matt Peters in 2006 — started penning the songs three and a half years ago. Part of the reason *Today We're Believers* was such a painstaking process is that Royal Canoe writes and records a little differently than your average jam band.

"For the most part it's us sitting in front of computers," says Peters, who



Winnipeg indie-pop band Royal Canoe plays two hometown release parties for its new album, *Today We're Believers*. CONTRIBUTED

## Details

• Royal Canoe plays the Park Theatre tonight and Union Sound Hall tomorrow. Tickets are \$15 for each show and are available at Music Trader, Into the Music as well as the Park Theatre and Urban Bakery (Union Sound show). Show times are 8 p.m. and 10 p.m. respectively.

is joined in Royal Canoe by Matt Schellenberg, Bucky Driedger, Brendan Berg, Derek Allard and Michael Jordan.

"It's a lot of creating loops and as many different types of layers as we possibly can. Out of that emerges the song. It's kind of odd. For a lot of musicians it would be a strange way to work, but we're happy with the results. We do a lot of found sounds and

samples that we then process. Through that we try to create a vibe of some sort. It's almost like how a hip-hop producer or a DJ would function."

Royal Canoe's orchestrated approach works just fine in the studio, but one could imagine problems translating its digital way of working into a live environment. Surprisingly, the band fares just fine.

"We have six pairs of

arms and legs, so that gives you a lot of opportunity to create the sound in a live context," Peters says. "It's like, 'We made this sound like this and I'm already doing this with this hand so I can't do that there, what if you do this and I go here?' It's like putting together a puzzle."

Beck's Song Reader is another puzzle Royal Canoe was able to put together. The band performed the

songs — released by the American alternative artist as a book of sheet music — as part of the Winnipeg Symphony Orchestra's New Music Festival in February.

"Beck actually tweeted our performances," Peters says. "He's one of our biggest influences. After we finished that thing we hoped there was somehow he would hear about it and mention it and he actually did."

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# 2 SCENE



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Martin Freeman, left, Paddy Considine, Simon Pegg, Nick Frost and Eddie Marsan star in *The World's End*. CONTRIBUTED

# Saving pennies for some sinking pints

**Interview.** The man behind *The World's End* talks about how he kept it frugal when making his latest bromedy



**NED EHRBAR**  
Metro World News in Hollywood

Edgar Wright knows how to stretch a dollar.

With his Cornetto Trilogy of films — the zombie rom-com *Shaun of the Dead*, the action bromance *Hot Fuzz* and his latest, the alien invasion pub crawl comedy *The World's End* — Wright tackles tales of arrested male adolescence and nostalgia but marries them with heaping servings of genre spectacle.

And that doesn't usually come cheap.

While he won't give an actual figure for the production budget of *The World's End*, Wright will say it was "more than *Hot Fuzz*, but less than *Scott Pilgrim* and less than *Paul*. And not even double what *Hot Fuzz* cost. So we absolutely put everything on the screen."

And the effects-filled, action-heaving film actually had a production schedule that was one week shorter than the one for *Hot Fuzz*.

## Not much to say

Edgar Wright is a big fan of social media, using his active Twitter account for both promotion and communicating with fans and friends alike. But when it comes time to make a movie, he clams up on the subject.

- **Quote.** "I actually feel superstitious talking about future projects, which is why during *World's End* I actually went off Twitter

for the entire production. And I'll probably do it again on the next film," he explains. "People want so much information and there's so many websites and everybody wants to do updates every hour all day. I think sometimes it's nice to just have less information out there. Because you don't want people to be sick of it before the film comes out, you know?"

The secret to making it work? More work for Wright.

"The only way that was possible was that I had to direct second unit on Saturdays and Sundays," he says.

"So there were points in the movie where I directed for 20 days in a row without a day off — and I would do main unit and second unit, so I would start at eight in the morning, work through my lunch break and then all of a sudden do another four hours after the main cast had gone. And that was the only way to get through the schedule."

He pauses for a second and knits his brow.

"I'm really just trying to get some sympathy here," he adds with a grin.

But while the amount of money available to him to

make a movie has increased since *Shaun of the Dead* or even *Hot Fuzz*, Wright still keeps frugality at the front of his mind.

"Everything that I've done has always been really tight to the wire schedule-wise, budget-wise," he says.

"The good thing about working with (the production company) Working Title is that they kind of leave you alone to make the movie on the basis that you keep under-budget and that you keep on schedule, which we did. And so then you can kind of do what you want. But believe me, I've never been in the position where I've felt like I'm having a money fight on set or something. I've never stood on the set and thrown dollars at people's faces."



Simon Cowell. ALL PHOTOS GETTY IMAGES

## Father-to-be Cowell finally finds his voice

Simon Cowell is finally speaking out about the unexpected pregnancy of gal pal Lauren Silverman — and for once he's playing nice. "Things are changing in my life right now, for the better. I'm proud to be a dad," he tells the BBC. "It's

something I haven't thought of before ... now I know I feel good about it. And she's a very special girl." Silverman and her husband — and Cowell's pal — Andrew Silverman reached a divorce settlement just last week.



Wentworth Miller

## Russian invite rejection signals Miller's coming out

Prison Break actor Wentworth Miller declined an invitation to the St. Petersburg International Film Festival, publishing his response on GLAAD's website: "Thank you for your kind invitation. As someone who has enjoyed visiting Russia in the past it would make me happy to say yes. However, as a gay man, I must decline. I am deeply

troubled by the current attitude toward and treatment of gay men and women by the Russian government. The situation is in no way acceptable, and I cannot in good conscience participate in a celebratory occasion hosted by a country where people like myself are being systematically denied their basic right to live and love openly."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Scientology failed to get Bono and Brad on the hook

The Church of Scientology tried to recruit both Brad Pitt and Bono in the 1990s, according to former Scientologist Jenna Miscavige Hill, niece of Church leader David Miscavige. "I think that celebrities are more inclined to be egocentric and Scientology caters for that — you're your own God. They're probably being told that all the time," she tells Radar Online. "But

they're probably insecure, so the self-help of Scientology lends itself to that. And Scientology is meant to save people and the world, so the charitable thing appeals to a celebrity. If you're egocentric, not always confident or insecure because of being in the public eye and want to be charitable, Scientology pushes your buttons. That's why someone like Bono would fit the bill perfectly as so many people know him." According to Miscavige Hill, Pitt went through the Church's entry-level Purification Program while dating Juliette Lewis but ultimately decided it wasn't for him.



Lindsay Lohan

## Lohan's Oprah sit down doesn't live up to billing

Despite all the buzz and build-up, Lindsay Lohan's much-discussed sit-down with Oprah Winfrey failed to produce much in the way of ratings. The one-hour special averaged 892,000 viewers during its premiere, with an average of 504,000 viewers tuning in

for the encore broadcast that immediately followed. By contrast, Winfrey's interview with Lance Armstrong in January pulled in 4.3 million viewers, breaking records for her OWN network. The Lohan special came in just above normal.

### Twitter



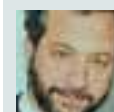
@ElizabethHurley

Another gorgeous day-is this the best English summer we've had for years? Bliss....



@MichaelChiklis

When I think of all the different languages that developed literally right next to each other I can't help but think: How did Europe happen?



@JuddApatow

At least I didn't eat fries. (Positive re-enforcement for the end of the day)

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SHOPPERS  
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# The foolproof transitional season uniform

The perfect, simple outfit to cleanse your palate before autumn's trends roll in

METRO WORLD NEWS

The simple, classic white shirt and jeans combination is an under appreciated thing. Too often it gets bogged down with hyper-personalization: a

wacky jacket here, piles of quirky necklace layering there. It's that rare, perfect outfit in which a set of fashion staples converge in a can't-screw-

it-up formula. But sometimes, the best way to pull this off is by not tampering with it too much. The simplicity makes this look a nice breather of a palate

cleanser before preparing to unpack all of the heady, intensity (bell shaped skirts the size of small cities anyone?) that will be autumn's trends.



**Topshop**

Moto Smokey Green Leigh Jeans, \$76, topshop.com.



**Lizzy Disney**

Lock Bag – Black, \$430, darkroom-london.com.



**& Other Stories**

Leather Belt, \$44, stories.com



Charlie Collins, who we spotted in London, looks flawless in an unaffected kind of way because she didn't go overboard with the styling. METRO



**Zara**

button neck blouse, \$50, zara.com.



**Loeffler Randal**

Pippa Collar flats, \$275, shopbop.com.



**Spitfire**

Mainstream Wayfarer Sunglasses, \$41, asos.com.

Dress it like Beckham



David Beckham for H&M

HANDOUT

## H&M to sport the vintage and the varsity this season

Trend-conscious gentlemen who head into H&M this fall will likely pick up on the heritage sportswear feel of David Beckham Body-wear pieces. The newest campaign launched on Aug. 22 and is full of old East London atmosphere. Raglan-sleeve jersey and henleys come in athletic greys, alongside grey tank tops and a three-pack of grey trunks.

Pajamas are an essential both for lounging and sleep, and this autumn there are ribbed pajama pants, as well as full-length or short pants in drawstring jersey.

Coinciding with the new pieces will be a brand-new campaign set in an old-style sports changing room. It marks the latest stage in David Beckham's long-term collaboration with H&M, centred on a core collection of body wear pieces which are available all year round.

METRO



Kellan Lutz GETTY IMAGES

## I love fashion Lutz and Lutz

What's a hulking vampire to do without moody mortals in distress and with no more computer-enhanced battles to wage in the forest?

For 28-year-old Twilight actor Kellan Lutz — better known as Emmett, the heartthrob brother of leading man Edward — it's still about looking as good as superhumanly possible.

Lutz unveiled his Pre-

Spring 2014 collection with Abbot + Main this week in Las Vegas during MAGIC, one of the fashion world's most influential trade shows.

"It's great to find something outside of acting," he said in an interview Monday at a Las Vegas Strip hotel suite, resting a chiselled, stubbly chin on a sofa pillow.

Born in North Dakota

and raised in Arizona and the Midwest — places he described as trendiness-challenged — he started modelling at 14 and developed an eye for style hanging out with fashion and photography greats.

Soon enough, he stopped borrowing clothes from some of his six brothers. They were borrowing from him.

His brand — which debuted in 2011 and is named after an intersection in the beachy-cool Venice Beach, Calif. neighbourhood where Lutz once lived — mainly consists of soft, slim-fitting T-shirts and not-trying-too-hard hoodies.

Initially just for men, two-thirds of the collection is now for women.

THE ASSOCIATED PRESS

# Mirror, mirror on the wall, who's the most versatile risotto of them all?

"This is a great risotto recipe that uses lemon and asparagus as its flavour boosters. Feel free to experiment with other vegetables and cheeses to create your own signature risotto," writes Mary Rolph Lamontagne in her book *Eats*.

1. Bring the stock to a simmer in a saucepan.

2. In a separate medium-sized saucepan, heat 2 tablespoons of oil over medium heat. Add the onion and cook for a few minutes until translucent. Add the rice and cook for 2 minutes more, stirring until nicely coated and opaque in colour. Add the wine and stir until most of it has been absorbed.

3. Add 1/2 cup of stock to the rice, stirring continuously until the liquid is almost completely absorbed. Add more stock in 1/2 cup

- Ingredients**
- 3 cups chicken stock, approx. (or vegetable stock for a vegetarian option)
  - 2 tbsp olive oil
  - 1/4 cup minced onion
  - 1 cup arborio rice
  - 1/4 cup dry white wine
  - 1/2 tsp lemon zest
  - 1/4 cup soft goat's cheese
  - 1/2 cup freshly grated Parmesan cheese
  - 1 cup cooked, chopped asparagus
  - Salt and pepper
  - 1 tsp butter
  - Pea shoots (optional)

increments and repeat this process until the rice is tender, but still firm to the bite, 15–20 minutes. Remove from the heat.

4. Gently stir in the lemon zest, goat's cheese, Parmesan and the asparagus. Add salt and pepper to taste and

## Asparagus Risotto



This recipe serves six. CONTRIBUTED/ EATS BY MARY ROLPH LAMONTAGNE

the butter. Cover and set aside for 3–5 minutes. Serve with a garnish of Parmesan

shavings and pea shoots. **ALL RECIPES EXCERPTED FROM EATS ENJOY ALL THE SECONDS: 135 COLOUR-**

**FUL RECIPES TO SAVOUR BY MARY ROLPH LAMONTAGNE, WITH PERMISSION.**

## Cookbook of the Week

A splash of colour for your table



*Eats* by Mary Rolph Lamontagne is filled with creative recipes and simple basics — from all over the world — that make using leftovers a breeze. Fruits and vegetables (the most highly wasted items in a fridge) are prepared in master recipes and then reinvented in three or four others. Mary also offers tips for buying, growing, cooking, storing and freezing ingredients.

Among the recipes are: Tanzanian Eggplant Curry, Apple Sauce Spice Muffins, Spinach and Ricotta Gnocchi, and more. **METRO**

## Appetizer. Zucchini Bites

"This is a great way to use up leftover plain quinoa or even



## Ingredients

- 2 cups cooked quinoa
- 3 eggs
- 1 cup grated zucchini
- 2 cloves garlic, minced
- 1 tsp dried thyme
- a pinch of paprika
- 1/2 cup grated Emmenthal cheese
- 1 tbsp flour
- Salt and pepper to taste

quinoa that has been prepared with flavourful herbs or minced vegetables," writes Mary Rolph Lamontagne in her book *Eats*.

"Add some egg, a little flour and some cheese and you cannot go wrong."

Lamontagne sometimes substitutes chopped cooked spinach for the grated zucchini, uses rice flour for gluten-free bites and changes the cheese to cheddar for a different flavour.

1. Preheat the oven to 180 C (350 F). Grease a mini-muffin pan.

2. Combine all the ingredients in a large bowl.

3. Fill the muffin cups to the top with the quinoa mixture. Bake for 15–20 minutes, or until a tester comes out clean. Serve with a dollop of crème fraîche mixed with a spoonful of sweet chili sauce, a South African favourite.

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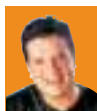


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# Global style comes to Canada

Zara Home opens in the Great White North, allowing Canucks access to the Spanish store's decor gems.



**DESIGN  
CENTRE**  
Karl Lohnes  
home@metronews.ca

When Zara fashion stores first opened in Spain more than 30 years ago, they were a big hit.

Their up-to-date fashions at affordable prices has always kept the global-style shopper happy. Now home decor enthusiasts have something equally exciting to look forward to: Zara opens its first home decor and style store at Yorkdale Shopping Centre in Toronto on Thursday, followed by an opening at Carrefour Laval in Quebec.

From small furnishings, bedding and tabletops Zara offers up-to-the-minute home fashions for every room in the house. Twice weekly new home fashions will be delivered to stores to keep the merchandise fresh and the assortment new every time you visit.

Canadians can now also shop online at [zarahome.com](http://zarahome.com).

I went shopping around and here's a sneak peak at a few of our in-store and online favourites; luxury-styled items caught my eye as must-haves this fall.



Expect a wide range of decor styles to be sold at Zara stores and online. New products are introduced every two weeks, which gives home decor enthusiasts a reason to visit the Zara stores often.

## Gold Monogrammed Flatware \$10-12

Gold is one of the season's biggest decor trends, so why not add it to your dining experience? These are ultra chic and not just for formal occasions. After all, you deserve the everyday lux experience of eating with this latest trend.



## Ceramic Lamp \$200

Navy and white never go out of fashion and look crisp with the neutrals or pops with other strong colours. Switch the white shade for a gold metallic and it will go from traditional-chic to instant glamour. Buy these in pairs — a good way to display classic lamps.



## Square Glass Tables \$270

Wherever you place them, these tables will make your room look light, airy and sophisticated. Two sets side by side will make a very versatile coffee table for the living room.



## Velvet Cushion with Feather Trim \$60

Lux prevails with fresh green velvet and feathers. A great way to add this year's most coveted colour and to wake up a boring chaise lounge or neutral sofa. Use with caution — no more than two pillows or your sofa will look like an ostrich farm.



## Fur Blanket \$200

A great wrap for chilly nights on the patio or by the fire during the winter months; luxury fur trims are everywhere on the fashion runways and the trend in home decor is no exception.



metro

# BACK TO SCHOOL

Thursday, August 22, 2013



One way to improve grades is to set up space to do homework in your home and make sure you have all the materials you need on hand to complete the daily school tasks. DMITRY KALINOVSKY/COLOURBOX

## 10 ways to manage homework

MICHELLE WILLIAMS  
For Metro

Just about any parent will agree that one reason to not look forward to the start of school is homework.

Here are some easy and effective tips from Toronto District School Board principal Cassandra Alviani-Alvarez on how to smooth the home-

work waters in your house:

**1** Reduce stress by setting a non-negotiable homework time around their after-school schedules.

**2** Work with your child to set up a calendar showing everything that's due over the course of the week or month and plan homework schedules accordingly.

**3** Help your kids get organized: Set up the space,

have all the materials they need on hand, and remind them to put finished work in the knapsack so it's not forgotten in the morning.

**4** Remember to remain calm. Things get heated quickly if a child is having difficulty and you are struggling to make things clear. Have patience and look for different ways of explaining the situation.

**5** Encourage your child to take short breaks when they get stuck on something.

**6** If kids are struggling to stay focused, try turning it into a game. Use a timer and challenge them to see how much they can get done in five or 10 minutes.

**7** It's important to encourage them to try to make some effort before you pitch in and help. Read instruc-

tions and get them to articulate what they need to do first before you walk away.

**8** Resist taking over the assignment. You want it to be a true reflection of your child's ability. Teachers know when they are getting a parent's work — the quality is very different.

**9** If your child just isn't understanding a subject, send a note back to the

teacher explaining the difficulty so you can work together to help your child through the challenging tasks.

**10** Praise is important. Make sure your child knows they have done a good job when they complete their work to the best of their ability. Keep it positive as they go off to bed to set them up for success the next day.



Melissa,  
Clinic Office Assistant  
Student

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# Get the upper hand

## With these best bets for a high-tech education

MIKE  
YAWNEY  
For Metro

While pens and pencils never seem to go out of style, the student in your life can get an upper hand on their classroom education with the help of a few gadgets.

Here are some of the best bets for a high-tech education this fall.

### Vtech InnoTab 3S — \$109.99

A tablet for youngsters to call their own. The durable InnoTab 3S comes preloaded with kid-friendly apps for a fun learning experience. Kids can create and play their own videos, MP3s and even surf the web on the kid-safe browser. Recommended for children ages three to nine. (vtechcanada.com).

### Apple Touch — \$229 and up

Access tens of thousands of apps, ideal for the classroom. Your iPod can become anything from a scientific calculator to a language translator.



Games and music are an added bonus for those students who have to endure lengthy bus rides to and from school. If you want a larger screen, the iPad or iPad Mini are more great choices. (apple.ca).

### Sky Wi-Fi Smartpen — \$199.99

Perfect for classes where students must take dictated notes. This "smart pen" records everything you hear, say, write or draw. Want to go back and hear what your teacher said in class? Sim-



### Samsung Chromebook — \$269.99

An easy to use, lightweight, budget-friendly laptop that boots in as little as eight seconds. Chromebooks use Google's

Chrome operating system and are designed for web connectivity. All of your homework, emails and assignments are stored online using Google's cloud ser-

vice. This means you have access to your work anywhere, as long as you have Internet connectivity. Chromebooks require Internet

### Moleskin Evernote Smart Notebook — \$29.99

Everything written in this notebook can

easily be transformed into digital notes thanks to smart stickers embedded in the pages. Just take a photo of the page with your smartphone and you can transfer your notes to your laptop or tablet. (moleskin.com).



### Sony Xperia Z — \$149.95 with two-year contract

Leaking drink boxes and water bottles can create a real mess in a backpack. Your homework may get soggy, but Sony's Xperia Z smartphone can withstand even the wettest conditions. It is water- and dust-resistant, which

means it can be tossed into a backpack with little fear. The five-inch HD display is perfect for accessing tens of thousands of apps that students will no doubt use only for homework purposes — and not games. (Bell.ca).



### Kindle Fire HD — \$214 and up

Make reading a little more fun. The Kindle Fire HD doubles as an eReader and tablet. Not only can you access more than one million titles from Amazon's library, you can also download some of the most popular Android apps. The best feature is



Powerbag, \$128.



the parental controls that allows you to limit the amount of time your kids play games or use apps on the device, ensuring homework gets done. (amazon.ca).

### Powerbag — \$128

Carry everything you need for class plus charge your gadgets at the same time. Powerbag includes a built-in rechargeable battery pack with USB port to charge thousands of gadgets. The 3000mAh battery has enough juice to charge the average smartphone twice. More powerful batteries are also available. (amazon.ca).

Clockwise, from left, Vtech InnoTab 3S, \$109.99, Sony Xperia Z, \$149.95 with two-year contract, Samsung Chromebook, \$269.99, Sky Wi-Fi Smartpen, \$199.99, Apple iPod Touch, \$229 and up, Kindle Fire HD, \$214 and up, Moleskin Evernote Smart Notebook, \$29.99.

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# Electronic checklist

**Leaving for college.** Check out these tools and appliances that score top marks

MICHELLE WILLIAMS  
For Metro

If it's time for your super student to leave the nest and set up a living space, you will need this electronic checklist of amazing appliances and cool tools that score top marks.

**Panasonic toaster oven** (\$149.99) is compact, attractive, user-friendly and easy to clean. Ideal for student chefs with limited access to a kitchen or time to cook. (Panasonic.ca).

**Kobo Arc** (\$199.99) is a multifunctional tablet, perfect for reading curriculum materials and doing research. It features more than 700,000 apps and games to keep students entertained. (Kobo.com).

**ASUS MeMO Pad HD 7** (\$160) is new, trendy and a total performer with loads of storage and functionality. Easy to use, store and carry, it's the perfect tablet for university students. (BestBuy.ca).

**Tassimo Single Serve Coffee Maker** (\$79.99) is great for late-night studying. Small, sleek, easy to use, just pop in a T

DISC with barcode technology for your personalized cup of coffee, tea, hot chocolate, cappuccino or latte. (FutureShop.ca).

**Hamilton Beach Single Serve Blender** (\$19.99) makes a smoothie, power drink or milkshake, just the right size for storing and preparing a drink you can take with you. Just pop on the "to-go" top. (FutureShop.ca).

**Samsung Galaxy S4** (\$229.99) delivers incredibly clear and vibrant photos, games, apps and videos. Dual shot takes simultaneous front

and rear shots, and drama shot gives you rapid-fire photos for a time-lapse effect. (FutureShop.ca).

**HP Photosmart** (\$199.99) wireless all-in-one inkjet printer is perfect for all college students — it prints, copies, scans, faxes, and even accesses content from the Internet using the colour touchscreen display. (hp.com).

**MacBook Air** (starting at \$999) is the lightweight notebook that will manage almost every aspect of student life. With the latest Intel Core i7 processors, MacBook Air has plenty of power and seven hours of wireless web time. (Apple.ca).

Clockwise, from top, ASUS MeMO Pad HD 7, \$160, Samsung Galaxy S4, \$229.99, Panasonic toaster oven, \$149.99, Hamilton Beach Single Serve Blender, \$19.99, Tassimo Single Serve Coffee Maker, \$79.99.

**WHAT'S IN SEASON YOU ASK?** OUR HANDY GUIDE HELPS YOU KNOW WHAT TIME OF YEAR YOU CAN FIND MANITOBA VEGGIES AND FRUIT AT THE GROCERY STORE, FARMERS' MARKET, OR EVEN YOUR OWN BACKYARD!

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## WHAT'S IN SEASON

| VEGETABLES             | JAN-APR | MAY | JUNE | JULY | AUG | SEPT | OCT | NOV | DEC |
|------------------------|---------|-----|------|------|-----|------|-----|-----|-----|
| Asparagus              |         |     |      |      |     |      |     |     |     |
| Beans                  |         |     |      |      |     |      |     |     |     |
| Beets                  |         |     |      |      |     |      |     |     |     |
| Broccoli               |         |     |      |      |     |      |     |     |     |
| Brussel Sprouts        |         |     |      |      |     |      |     |     |     |
| Cabbage                |         |     |      |      |     |      |     |     |     |
| Carrots                |         |     |      |      |     |      |     |     |     |
| Cauliflower            |         |     |      |      |     |      |     |     |     |
| Celery                 |         |     |      |      |     |      |     |     |     |
| Corn, Sweet            |         |     |      |      |     |      |     |     |     |
| Cucumbers              |         |     |      |      |     |      |     |     |     |
| Eggplant               |         |     |      |      |     |      |     |     |     |
| Garlic                 |         |     |      |      |     |      |     |     |     |
| Kale                   |         |     |      |      |     |      |     |     |     |
| Lettuce                |         |     |      |      |     |      |     |     |     |
| Onions, Green          |         |     |      |      |     |      |     |     |     |
| Onions, Red & White    |         |     |      |      |     |      |     |     |     |
| Parsnips               |         |     |      |      |     |      |     |     |     |
| Peas                   |         |     |      |      |     |      |     |     |     |
| Peppers                |         |     |      |      |     |      |     |     |     |
| Potatoes, Baby         |         |     |      |      |     |      |     |     |     |
| Potatoes, Red & Russet |         |     |      |      |     |      |     |     |     |
| Potatoes, Yukon        |         |     |      |      |     |      |     |     |     |
| Pumpkins               |         |     |      |      |     |      |     |     |     |
| Radish                 |         |     |      |      |     |      |     |     |     |
| Rutabagas & Turnips    |         |     |      |      |     |      |     |     |     |
| Spinach                |         |     |      |      |     |      |     |     |     |
| Winter Squash          |         |     |      |      |     |      |     |     |     |
| Summer Squash          |         |     |      |      |     |      |     |     |     |
| Swiss Chard            |         |     |      |      |     |      |     |     |     |
| Tomatoes               |         |     |      |      |     |      |     |     |     |
| Zucchini               |         |     |      |      |     |      |     |     |     |

| FRUIT        | JAN-APR | MAY | JUNE | JULY | AUG | SEPT | OCT | NOV | DEC |
|--------------|---------|-----|------|------|-----|------|-----|-----|-----|
| Apples       |         |     |      |      |     |      |     |     |     |
| Cherry, Sour |         |     |      |      |     |      |     |     |     |
| Melons       |         |     |      |      |     |      |     |     |     |
| Raspberry    |         |     |      |      |     |      |     |     |     |
| Rhubarb      |         |     |      |      |     |      |     |     |     |
| Saskatoon    |         |     |      |      |     |      |     |     |     |
| Strawberry   |         |     |      |      |     |      |     |     |     |

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# Head to class in style

Left, an army jacket (\$79.99), jersey tunic (\$14.99), skinny jeans (\$24.99), leather booties (\$69.99), a plaid backpack (\$39.99) and beanie (\$14.99) from Winners (winners.ca).



A camo jacket (\$34.99), hooded denim vest (\$29.99), graphic T-shirt (\$12.99), coated jeans (\$39.99) and brand name leather skate shoes (\$39.99) from Winners (winners.ca).

One of the big highlights for kids heading back to class is all the amazing new fashions. Here are some fall trends to look forward to from H&M Canada showroom manager Karen Richter.

- 1** Urban chic. Dress with attitude for life in the city. It's a basic and fun look, inspired by graphics and lots of bright accent colours. Styling is cool, casual and modern.
- 2** Rocker vibe. Think of a cool party look with rock influences — denim and stud details, mesh, velvet, lace and chiffon for girls. The key look for girls is a black party dress, styled with a hat and sneakers. The key look for boys is a printed T-shirt, hoodie and studded slim jeans.
- 3** Sporty activewear. Playful, comfortable, safe, easy wear (and easy care) garments. This trend includes lots of bright, bold colours and simple relaxed shapes.
- 4** Multicultural street-inspired. It's a sharp and clean look inspired by the '90s, a quirky mash-up of prints and colours. Anything

goes with this trend — kids can feel free to express themselves and dress according to their own personality.

- 5** Romantic. Dreamy and girly, featuring pastel colours, shiny text prints, flowers, lots of embellishments, sequin and lace details. Key looks include a sequin dress and cardigan, or a knitted sweater and tulle skirt with ballerinas and cute accessories.
- 6** Layers. Think current trends combined with classic basics and layered with warm accessories — denim, hoodies, leggings, cardigans and chunky knit hats, mitts and scarves. Look for neutrals,

bright colours and classic prints like stripes and dots.

- 7** Urban nature. Inspired by the great outdoors, the look is relaxed, comfortable and casual. The key look is a flannel shirt, jacquard knitted cardigan and a padded vest with slim utility pants. Style with boots, a knitted beanie and a parka.
- 8** Animal prints. Leopard and zebra print are key, but also images of the animal itself. Style an oversized knitted sweater with animal prints and a brightly coloured slim-fit pant, or, for a more daring look, a brightly printed leopard coat.

MICHELLE WILLIAMS

A biker jacket (\$29.99), French terry sweatshirt with lace hem, camo-print skinny jeans (\$16.99), designer leather combat boots (\$44.99) and polka dot backpack (\$29.99) from Winners (winners.ca).



A kitty sweater (\$29.99), button-up shirt (\$19.99), skirt (\$29.99), quilted backpack (\$34.99), patent loafers (\$59.99), collar necklace (\$59.99) and watch (\$19.99) from Winners (winners.ca).



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## Parents. Staying in the loop

It won't be long before parents start to think — and worry — about the arrival of the first report card. While this event can be stressful for parents and students alike, Dr. Nick Whitehead, the CEO of Oxford Learning Centres, says a key to eliminating such stress is open communication with your child's school and teachers.

"Parents and teachers may not have time for weekly sit-down meetings, or even lengthy telephone calls, but in the age of email, there's no

reason for parents to be out of the loop on what their child is up to at school," he said.

It's not uncommon for parents to be confused by their child's report card. Changing schedules, complicated terminology, and formal language add to the stress.

There is plenty that parents can do daily to stay on top of their child's academic progress.

- Communicate with the teacher every week. It takes five minutes to ask how your

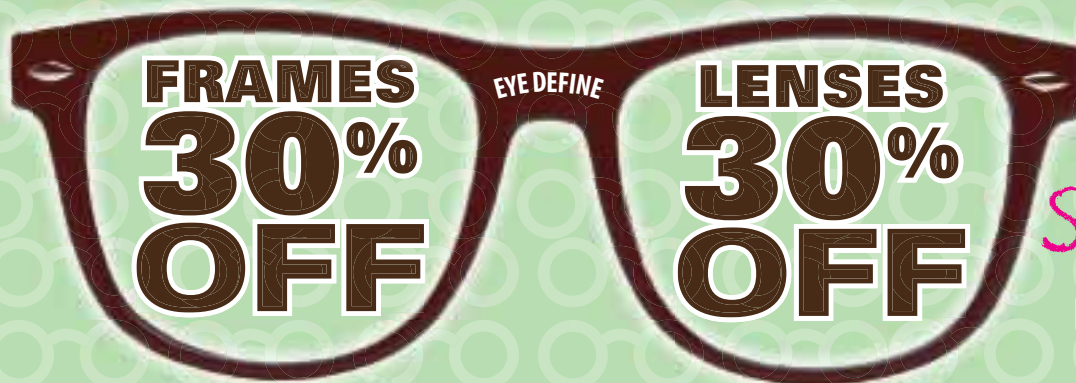
child is doing.

- Review past report cards. Issues from last year are likely to reappear, so review previous reports, and watch out for reoccurring trouble.

- Follow up when a test is returned to your child. How did it go? Were the results what you were expecting?

- Don't wait. If there are any issues, seek help as soon as you learn of them, rather than waiting to discuss them after report cards come home.

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Take time to help prepare your child if they are leaving home for a post-secondary institution. YANLEV/COLOURBOX

# Managing college

**Leaving home.** How to help prepare your children for studies at a post-secondary school

**MICHELLE WILLIAMS**  
For Metro

It's hard to believe that your university-bound student is about to leave home in a few short days. If it's your first time sending a child off to school, here are some important things to consider:

Your child needs to be able to manage in a big-school environment. Many kids are used to smaller schools and parents who take a hands-on approach. Once they head off to university, that changes drastically.

"Make sure you teach your kids about self-advocacy," says Carolyn McLarty, head of guidance for Garth Webb Secondary School in Halton (Ontario) Region. "They need to have the tools they need to figure things out and find answers when parents aren't around to help."

Attending an orientation together is a great idea — you will find out about the support people your student can to connect with about anything from trouble with a subject to dealing with stress or homesickness.

Have some good discussions before your child leaves. Don't wait for the car ride to school to have these talks. You need to be sure your child has a clear understanding about things like time management, sex and birth control, drinking and drugs,

and proper nutrition. And there may be other concerns your student has about leaving home that you haven't even thought about or considered. So sit down now and start talking.

Teach the basics of cooking, cleaning and laundry. A surprising number of students have no skills at all in these areas.

"Having some of these responsibilities at home makes a big difference when they go off on their own and have to be self-sufficient," McLarty said.

It's not too late — show them how to operate a washing machine and dryer and do a few loads together. Have them clean their room at home before they leave to get some cleaning practice. And prepare a few basic meals together before they go.

## Maintaining healthy self-esteem

When it comes to school, it isn't necessary to get As, or even to pass, in order for students to have high self-esteem. For students of all ages, feeling good about their abilities comes from the confidence of knowing that their minds are capable of understanding, learning, and that they are worthy people, say experts in this field.

Indeed, a healthy self-esteem doesn't always mean perfect grades the first time. According to Dr. Nick Whitehead, the CEO of Oxford Learning, some students with high self-esteem have only mediocre marks. That's because those students have learned a very important lesson — that trying is as important as success and that over-

coming failure and learning from mistakes are essential to development.

Whitehead points out that parents can tell if children have healthy self-esteem by observing their actions.

"Pay attention to what your child does and says. Is he or she a leader or follower or somewhere in between? Having a balance would reasonably suggest that healthy self-esteem is developing."

To evaluate this, ask the following questions:

- Does your child have an independent mind?
- Are they willing to act on their knowledge?
- Does all learning have to be highly structured or does your child accept sudden change?
- Can your child willingly ac-

cept difficulty, or deal with failure?

- When confronted by failure, do they blame somebody else? Or does your child take responsibility for their own learning experiences and results?
- Is your child content just to get by with average achievement (so as not to stand out from their peer group) or do they try to excel?

Confidence is key to classroom success, Whitehead said, so keep tabs on your child's self-esteem, especially as they enter preteen/teenage years and social pressures begin to mount.

Evaluate your own communication and interaction as well.

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# Lending a hand has its benefits

**Positive relationships.** Seeing parents at school can help kids understand the value of education

**MICHELLE WILLIAMS**  
For Metro

As a parent, you may not be convinced there are many good reasons for spending time in your child's classroom. But educators disagree.

"There are loads of good reasons for parents to participate at school," says Toronto District School Board principal Cassandra Alviani-Alvarez.

She said that when kids see parents in a leadership role in school they begin to understand the value of school — knowing that your parent is there validates school's importance.

"Parents also can use this opportunity to build positive relationships with their child's teacher," Alviani-Alvarez said. "Helping out at school also allows you to help make things

happen, whether it's field trips, enriching classroom opportunities or making money for the school to buy the things they need. And, most of all, it's pretty exciting for your kids to have you in their environment."

Kids feel proud when parents are there to see their work and meet their teachers and peers.

Being in your child's classroom has direct benefits to you as a parent, too. It gives you the chance to see your child in the classroom, to understand how they are performing, who your child's friends are, and seeing that they are safe, learning, happy and engaged.

Just a few words of warning — you will need to submit to a police check to become a regular volunteer in the school.

And watch that you don't



Parents can help support their children and their school by volunteering. COLOURBOX

overdo it. Spend no more than one day a week in your child's classroom — you don't want your child to depend too much on seeing you there.

If you want to spend more time helping in the school out-

side of your child's classroom — or if you have a job and can't be there regularly during the day — know that there are other ways you can support the school community and have a voice, such as joining

the parent-teacher association.

"You can also help out at events and field trips, or in other areas of the school, like the library or the lunchroom," Alviani-Alvarez said.

"You can coach a team,

drive to games, help with computers, a garden and share talents or skills. There are endless ways you can help the school, support your child's education and have an enriching experience for yourself."

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September 5, 2013  
6– 8pm  
(Check-in at 5:30pm)



Ichiro Suzuki of the Yankees acknowledges the crowd after hitting a single for his 4,000th career hit between Japan and the major leagues during a game against the Blue Jays on Wednesday in New York. FRANK FRANKLIN II/THE ASSOCIATED PRESS

# Ichiro slashes way to 4,000-hit plateau

**MLB.** But the Yankees' Soriano deals Blue Jays the crippling blow

Alfonso Soriano hit a tiebreaking two-run homer with two outs in the eighth inning. Ichiro Suzuki got his 4,000th hit between the major leagues and Japan, and the Yankees handed the Toronto Blue Jays their 12th straight loss in New York, 4-2 on Wednesday night.

David Huff (1-0) pitched one-hit ball in five innings of relief to shut down the Blue Jays before New York finally got to Toronto's R.A. Dickey.

On Wednesday

4

Yankees

2

Blue Jays

The 39-year-old Suzuki hit a liner off Dickey (9-12) that bounced just beyond diving third baseman Brett Lawrie for the milestone hit in the first inning. Suzuki broke a tie with Lou Gehrig when he got his 2,722nd major league hit in his 13th season. The speedy outfielder amassed 1,278 hits

in nine seasons with Orix of Japan's Pacific League.

Suzuki's teammates streamed out of the dugout and surrounded him at first base. A grinning Suzuki then faced the cheering fans and bowed.

When he went to his position in right field for the second inning, Suzuki tipped his cap to fans who greeted him with a standing ovation.

Adam Warren started for New York to give 41-year-old Andy Pettitte one more day after the Yankees stayed on rotation for their doubleheader Tuesday. He gave up two runs in three-plus innings, including Josh Thole's tying homer

in the fourth. It was Thole's first homer with the Blue Jays.

Huff relieved and didn't allow a hit until Lawrie led off the eighth with an infield single. Huff walked four, one intentionally, but never was in real trouble.

Toronto left at least one runner on base in each of the first eight innings and was 2-for-15 with runners on base.

Dickey overcame a rough start to strike out nine while giving up six hits. But after retiring 14 of 15, he allowed a two-out single to Robinson Cano. Soriano then snapped a 0-for-17 skid with a two-run shot to left for the 4-2 lead.

THE ASSOCIATED PRESS

## Tiger Woods

### Soft bed blamed for rough morning

Another week, another nagging injury for Tiger Woods — this time from a soft bed in his hotel.

Woods did not play the back nine of his pro-am Wednesday at the Barclays. He still walked with his amateur partners, but only chipped and putted at Liberty National.

He says his neck and back were stiff in the morning. He attributes it to a soft bed in his hotel and says he didn't want to push it.

Woods was seen grabbing his back in the final round of the PGA Championship. He had an elbow injury that troubled him for two months this summer.

THE ASSOCIATED PRESS

## Tennis

### Sharapova pulls out of U.S. Open

Maria Sharapova withdrew from the U.S. Open on Wednesday because of a right shoulder injury.

Sharapova has played only one match on tour since her second-round loss at Wimbledon in June. THE ASSOCIATED PRESS

## London calling



"It's my homeland, and if they say, 'We need your help,' I'm going to consider that."

John Herdman says he's happy as head coach of the Canadian women's soccer team, but he would listen if approached about taking the vacant England job.

# Carter slams pitcher's offering of innocence



Joe Carter isn't buying Ryan Dempster's claim that he didn't intend to hit Alex Rodriguez. GETTY IMAGES FILE

Former Toronto Blue Jays great Joe Carter rejects Ryan Dempster's claim that he didn't intentionally hit troubled Yankees slugger Alex Rodriguez with a pitch last weekend, saying the Red Sox right-hander's message was "loud and clear."

Dempster received a five-game suspension Tuesday for hitting Rodriguez with a pitch in a game Sunday. The native of Gibsons, B.C., maintains he wasn't trying to intentionally hit Rodriguez, who has drawn the wrath of his peers for appealing a 211-game suspen-

## Quoted

"It's taken away from the guys who played it the right way."

Joe Carter, who contends drug cheats have created an uneven playing field

sion for violating baseball's drug and labour agreement.

But Carter isn't buying it. "The message was loud and clear," Carter said. "I don't agree with what transpired, because if you're going to

throw at someone like that just as a statement, you do it the first pitch, and then you go on about the rest of the game."

Dempster threw one pitch behind A-Rod's knees and two more inside during the second inning. Then his 3-0 pitch struck Rodriguez's left elbow pad and ricocheted off his back.

Carter chalked Dempster's actions up to the unwritten "codes" that players use to police themselves. But the ex-Jay tacitly endorsed the beaming.

THE CANADIAN PRESS

## Horoscopes

### ♈ Aries

March 21 - April 20

You don't usually pay much attention to details but you will need to as of today. The Sun's change of sign warns it may be costly if you don't. Whatever you are working on, get the small stuff right first.

### ♉ Taurus

April 21 - May 21

A dynamic phase begins for you today and you must take full advantage of it. Don't be suspicious if people you hardly know praise you to the skies and offer to do you favours.

### ♊ Gemini

May 22 - June 21

It may be a pain having to explain yourself every step of the way but it will be worth it in the long-term. The planets make it easy to get close to people who mean a lot to you.

### ♋ Cancer

June 22 - July 23

Social activities are high on your agenda now and you must make time to have fun, no matter how much work you have got lined up. Don't worry too much about "serious" issues — they're really not that serious at all.

### ♌ Leo

July 24 - Aug. 23

The Sun leaves your birth sign today but you must not slow down or set your sights any lower. The next few weeks will bring new financial opportunities, be ready to act decisively.

### ♍ Virgo

Aug. 24 - Sept. 23

The Sun moves into your birth sign today and a new solar year gets under way, but don't think you have to start at a mad rush and try to get everything done at once.

### ♎ Libra

Sept. 24 - Oct. 23

You have not seen as much of a friend as you would have liked but your paths are destined to cross again over the next few weeks. Why not give them a call and reconnect today?

### ♏ Scorpio

Oct. 24 - Nov. 22

If you need to talk to an authority figure, approach them today while you feel super confident. The planets indicate they will listen to what you have to say and act in your favour.

### ♐ Sagittarius

Nov. 23 - Dec. 21

As the Sun crosses the career angle of your chart today, you must be more ambitious. The next few weeks will be crucial for those Sags who want to get on in the world. Success is closer now than ever before.

### ♑ Capricorn

Dec. 22 - Jan. 20

As the Sun moves in your favour today, you won't be in the least bit fazed by the challenges that fate throws at you. On the contrary, you can't wait to get stuck into them, such is your supreme self-belief.

### ♒ Aquarius

Jan. 21 - Feb. 19

There is nothing to fear but fear itself. With the Sun moving into one of the more sensitive areas of your chart you may need to repeat that mantra at regular intervals. Try not to worry.

### ♓ Pisces

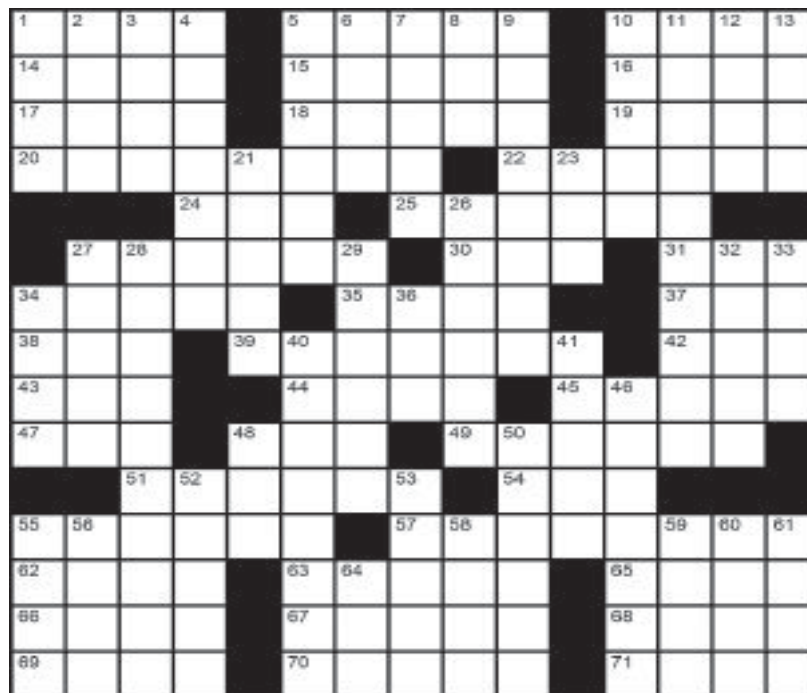
Feb. 20 - March 20

Cosmic activity in your opposite sign of Virgo means you are will clash with someone over the next few days. Just because you see life from different angles does not mean you cannot get along. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. \_\_\_ Kong
5. Not qualified
10. Some aircrafts
14. Downright nasty
15. \_\_\_ prosecu (Not proceeding, in law)
16. Czech river
17. Ms. Dunham of HBO's "Girls"
18. Fancy instrument
19. City's air pollution
20. Provincial leaders
22. False
24. 'Pepper' add-on (Pizza topping)
25. NYC's \_\_\_ Island
27. Regatta crafts
30. Humour style
31. Disney song: "Zip-a-Dee-Do-Do-"
34. \_\_\_ and fauna
35. "Not on \_\_\_!" = "No way!"
37. Rambo por-trayer, to pals
38. Pants split
39. Saskatchewan's provincial fish
42. Pourboire
43. Gremlin
44. Fool
45. "I Started \_\_\_" by The Bee Gees
47. Last letter, USA-style
48. Inclined
49. Hamilton-born



star Mr. Levy

51. House painter's tool
54. Apiece
55. Steamed in corn husks dish
57. Guess Who's "\_\_\_ Woman"
62. Drop
63. Reserved
65. Detective's find
66. Voice character-

istic

67. Nymph of Greek mythology
68. Answer-needer's aid
69. Barely manages, \_\_\_ out
70. Bird-created structures
71. Chooses

### Down

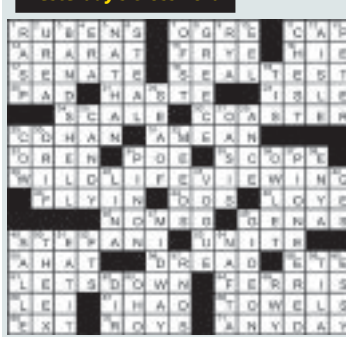
1. Self-\_\_\_ book
2. Finito
3. "The Whole \_\_\_ Yards" (2000)
4. Fashion magazine
5. Reveal, as a portrait painting
6. Pinot \_\_\_ (Wine variety)
7. Dental string
8. Misguided =

\_\_\_conceived

9. "Heaven Coming Down" band from Windsor, The \_\_\_
10. Canadian figure skating great Ms. Chouinard
11. New Brunswick city
12. Step heavily
13. Palm starch
21. Relative by mar-

- riage
23. Pig's pen
26. Pluck eyebrows
27. Mucky matter
28. It flows in NWT and Nunavut, \_\_\_ River
29. Military greet-ing
32. Similar
33. Ballyhoo
34. Animator Mr. Freleng
36. Deli request
40. Singing sisters from Canada, Natalie or Nicole
41. Enthusiastic
46. Wrestler/rock-er from Winnipeg, Chris \_\_\_
48. "Never Ever" by \_\_\_ Saints (Group #40-Down were in)
50. Overturns
52. Hall & \_\_\_
53. Does garden work
55. Carry
56. "Star Trek" episode, \_\_\_ Time
58. Vegan's taboo
59. Cut short
60. Uncle's wife
61. Profits
64. "\_\_\_ you kidding?"

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



## Weather

TODAY

FRIDAY

SATURDAY



MAX: 25°  
MIN: 14°



MAX: 30°  
MIN: 18°



MAX: 27°  
MIN: 20°



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